

**Slimming World Weight Loss Tracker**

**Progress Against Goal**

Date	Wks	Stones	Pounds	Lbs	Kilos	Real	Week Loss	Total Loss	Stones Loss	Goal	BMI	Target	Countdown
01/01/2018	Mon	15	0.0	210.0	95.3	Yes					42.3		
08/01/2018	Mon	1	14	10.0	206.0	Yes	4.0	4.0	0 st 4 lbs	1.5	41.5		
15/01/2018	Mon	2	14	8.0	204.0	Yes	2.0	6.0	0 st 6 lbs	3.0	41.1		
22/01/2018	Mon	3	14	6.0	202.0	Yes	2.0	8.0	0 st 8 lbs	4.5	40.7	Half Stone	1
29/01/2018	Mon	4	14	8.0	204.0	Yes	-2.0	6.0	0 st 6 lbs	6.0	41.1		2
05/02/2018	Mon	5	14	5.0	201.0	Yes	3.0	9.0	0 st 9 lbs	7.5	40.5		3

